

FRESH FRUITS AND VEGETABLES PREPARATION AND FREEZING TECHNIQUES

PRODUCE	HOW TO PREP BEFORE BLANCHING AND FREEZING	BLANCHING TIME	TO REHEAT FROZEN VEGETABLES	
			MICROWAVE TIME	STEAMING TIME
Asparagus	Trim woody ends	2-3 minutes	1-2 minutes	2-3 minutes
Bell Peppers	Remove seeds, cut into 1/2 inch pieces	2-3 minutes	1-2 minutes	2-3 minutes
Broccoli & Cauliflower	Cut into 1-to 1 1/2 inch florets	3 minutes	2-4 minutes	2-4 minutes
Brussels Sprouts	Remove outer leaves, trim stems. Halve small sprouts or quarter larger	2-3 minutes	2-4 minutes	4-6 minutes
Carrots	Peel and cut into 1/4-inch slices or cubes	2 minutes	1-2 minutes	2-3 minutes
Corn	Husk and remove kernels	2 minutes	1-2 minutes	2-3 minutes
Dark Leafy Greens, Chard, Kale & Spinach	Remove any woody stems and/or ribs; chop if desired	2-3 minutes	1-2 minutes	2-3 minutes
Green Beans	Trim stem ends	3 minutes	1-2 minutes	2-3 minutes
Peas, Shelling Peas, Snap Peas & Snow Peas	Remove any fibrous stems; remove shelling peas from the pod	1-2 minutes	1-2 minutes	2-3 minutes
Tomatoes	Remove the core	N/A	N/A	N/A
Zucchini & Summer Squash	Cut into 1/2-inch slices	2-3 minutes	1-2 minutes	2-3 minutes
Blackberries, Blueberries & Raspberries	Wash and pat dry	N/A	N/A	N/A
Cherries	Remove stems and pits, if desired	N/A	N/A	N/A
Nectarines, Peaches & Plums	Remove pit, cut into sixths	N/A	N/A	N/A
Rhubarb	Trim woody ends; cut into 1-inch pieces	N/A	N/A	N/A
Strawberries	Remove the stem and hull. Cut large berries in half	N/A	N/A	N/A